

# Managing Diabetes With A Healthy Diet

## Satellite Conference

**Wednesday, May 19, 2004, 2:00-4:00 p.m. (Central Time)**

3:00-5:00 p.m. (Eastern Time) • 1:00-3:00 p.m. (Mountain Time) • 12:00-2:00 p.m. (Pacific Time)

## *for Home Health Aides and Attendants*

Our country is experiencing a rapid increase of diabetes as it is the fifth-deadliest disease in the United States. The total annual economic cost of diabetes is estimated to be \$140 billion, or one out of every 10 health care dollars spent in the U.S. Approximately 18% of the U.S. population, age 60 and older, has diabetes and the complications for seniors include heart disease, stroke, vision loss/blindness, amputations and kidney disease. Although the cause of diabetes continues to be a mystery, both genetics and environmental factors, such as obesity and lack of exercise, significantly increase the risks of contracting this disease. It is possible to prevent or delay the onset of Type 2 Diabetes by reducing lifestyle risk factors through moderate weight loss and increased physical activity.

People with diabetes have the same nutritional needs as anyone else. Along with exercise and medications (insulin or oral medications), nutrition is important for good diabetes control. By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal (non-diabetes level) as possible.

The participants will learn how to assist their clients in making healthy food choices, as well as help the viewer implement changes in their own life. The program will provide an explanation of the differences between Type 1 and Type 2 diabetes; give guidelines in planning menus; and stress the importance of physical activity as a key management tool. A demonstration of preparing a healthy main course will help implement the knowledge learned from the program.

### Objectives:

1. Plan a simple menu for the person with diabetes.
2. List factors to consider when eating away from the home.
3. Name three reasons why physical activity is important for the person with diabetes.
4. List three factors of care that should be done on a routine basis specific to diabetes maintenance.

### Faculty:

#### **Miriam Gaines, MACT, RD, LD**

Nutrition and Physical Activity Unit Director  
Office of Professional and Support Services  
Alabama Department of Public Health

#### **Molly B. Pettyjohn, MS, RD, LD**

Nutrition and Physical Activity Unit  
Office of Professional and Support Services  
Alabama Department of Public Health

#### **Anita Sanford, RN**

Nutrition and Physical Activity Unit  
Office of Professional and Support Services  
Alabama Department of Public Health

### Conference Details:

Target Audience: Home Health Aides and Attendants.

Registration: [www.adph.org/alphntn](http://www.adph.org/alphntn)

Satellite Coordinates: C & Ku Band.

Conference Materials: Posted on website approximately one week before the program.

Questions: [alphntn@adph.state.al.us](mailto:alphntn@adph.state.al.us) or 334-206-5618

### **Future Home Health Program:**

**Wednesday, July 21, 2004**

**For Home Health Aides & Attendants**

**Topic To Be Announced**

For a complete schedule of programs,  
visit [www.adph.org/alphntn](http://www.adph.org/alphntn)

Issues or questions you want addressed DURING this conference?

Email ([alphntn@adph.state.al.us](mailto:alphntn@adph.state.al.us)) or fax (334-206-5640) the conference faculty. They will respond during the program.